

Advanced Knee Programme

Name: _____

Please complete this programme _____ per day

Tick the required exercise below

1. Single leg bridge



- Lying on back with feet flat and knees bent, make sure your feet are under your knees
- Raise one leg off of the ground and extend
- Peel spine up off the ground one bone at a time until shoulders and knees in line. Then slowly lower.
- Repetitions

2. Mini dips



- Stand tall with your hands on your hips
- Balance on your right leg and slowly bend the knee up and down aim for your knee to come over your 2nd/3rd toes as far as you can
- Alternate standing leg
- Repetitions

3. Backwards lunges



- Stand up tall feet shoulder width apart
- Take a big step backwards with your left foot
- Lower your hips to the floor until your front knee forms a 90^o angle
- Push yourself forward up off your front foot back to the start. Alternate legs
- Repetitions

4. Crab Walking



- Standing with feet shoulder distance apart with a theraband around the knees
- Bend knees over toes in a squatted position
- Step sideways for 5 steps left, keep low in a squat position
- Repeat in the other direction
- Repetitions

5. Clam Level 2



- Lying on side (lying tight against wall to prevent hip rolling backwards). Slightly bend knees.
- Keep your feet lifted, lift the top knee while keeping your feet together
- Focus on keeping your body in a straight line
- Repetitions

6. Clock Lunges



- Pretend you are standing in the middle of a clock face
- Stand on one leg in the centre of the clock
- Lunge to each number on the clock face as far out as you can, maintaining balance and control
- Aim to complete a full circle of the clock balancing on your right and left leg
- Repetitions

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7. Knee-up arabesque



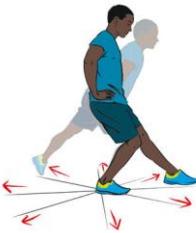
- Balance on one leg, plant your big toe down and squeeze leg and bottom muscles
- Raise your other leg in front of you, hips and knees bent at 90 degrees
- If you are still balanced now take your leg straight out behind you, hands in close to your body
- Reach your hands out in front if you can and aim to hold for up to 1 minute. Repeat on the other leg. Repetitions

8. Hip Abduction with band



- Lying on side (close to wall)
- Slightly bend both legs and place a band around lower legs
- Keeping hips and upper body still, lift top leg up into air (do not let hip roll backwards)
- Hold for 5-10 seconds, slowly lower and repeat on the other leg
- Repetitions

9. Star excursion balance



- Stand in middle of star on one leg
- Bend weight bearing leg when pointing as far forward as possible with opposite leg to all the points of the star
- Repeat on the opposite side
- Repetitions

10. Box jumps



- Stand facing step
- Squat down then jump up onto step
- Jump off step landing in a squat position
- Make this harder by jumping sideways on/off step or turning as you jump off step
- Repetitions

11. Star jumps



- Begin by doing small hops out to form a star
- Make your movements bigger and jump higher if you feel confident
- To make this harder crouch down in a squat and jump out into a star
- Repetitions

12. Leap and hold



- Facing forward practice shifting weight and leaping to the side to land on one leg in a dipped position. Aim to keep strength and stability and land with control
- Repeat on the other side
- Aim to make movements bigger and more challenging as you get stronger
- Repetitions